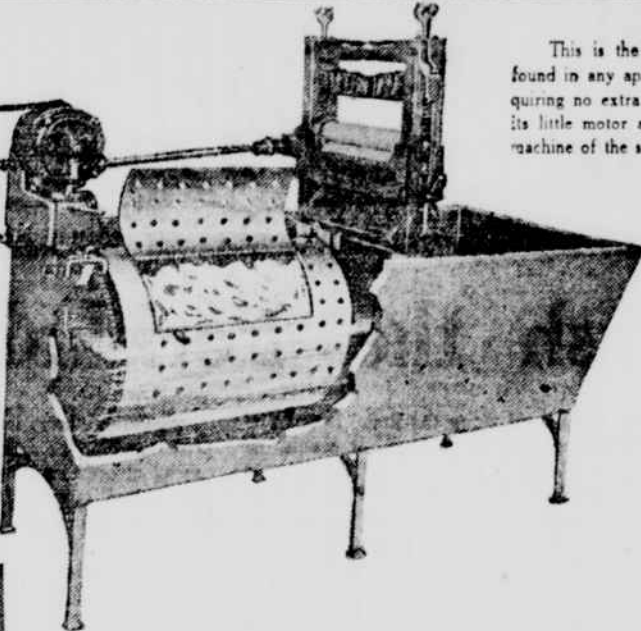


TESTED AIDS FOR THE HOUSEHOLD



This is the washer that fits inside of a stationary washtub, such as may be found in any apartment. And it fits quite as easily into an ordinary round tub, requiring no extra space either in use or when stored away. The electric type, with its little motor and electrically driven wringer, is shown here, but there is a hand machine of the same kind that is much less expensive.

AT YOUR SERVICE

If you are planning a new kitchen, or new equipment for the kitchen you have, write to The Tribune Institute about it. A large part of the work of our experts is helping our friends in just such ways as this. There is no charge for consultation or suggestion and no obligation is incurred.

We send out hundreds of letters in answer to inquiries as to the best kind of equipment for this purpose or that, but not all our readers understand as yet that they are free to come to the office for advice regarding all manner of household problems; that we will not only advise them about the utensils they need, but also help them in the whole planning and arrangement of the kitchen.

inside the regular stationary tubs and are stored there when not in use. It is not even necessary to have the stationary tubs, because the washer will fit quite as well in any ordinary round tub and can be stored in it quite as easily.

The machine is of the reversible revolving cylinder type, and the work of installing it in either the square stationary tub or the round portable one is but a trifle. The perforated galvanized cylinder is suspended between the sides of the tub and opens at the top so that clothes can be placed inside while the cylinder is half submerged in the hot soapy water.

In the case of the electric model, the motor— which can be operated from any lamp socket—is mounted at one end. This revolves the cylinder and by means of a connecting rod will drive the wringer on the opposite side. Nor is this all it can do. For by means of a projecting shaft any other small piece of household machinery that can be operated by motor may be run at the same time.

The wringer that belongs with the machine is excellently made. It has steel ball bearings, and is provided with a simple, easily operated and very effective safety release for the rolls. It wrings in or out as desired, and is always under control.

The hand machine is provided with a crank in place of the motor and a hand type wringer may be purchased to go with it.

Both machines are comparatively silent in operation and both produce excellent results. The motor has the gearing inclosed, is durably constructed and the cost of operation at 10 cents a kilowatt hour is 1 1/2 to 2 cents per hour.

The hand machine is so constructed that it is very easy to operate. Aside from the saving in space and the convenience of these machines, one strong point in their favor is that they do away with any necessity for lifting and carrying water to fill and empty the machine.

Prices, electric machine, complete with wringer, \$75; hand machine, \$10; wringer, \$6.50 extra.

Starr Orange Derinder

Made by the Johnson-Starr Co., Springfield, Ohio

This is a simple little contrivance, but most useful to the housewife who wishes to serve oranges or grapefruit in a way that is decorative as well as eatable.

It is merely a small nickel-plated steel tool, six and half inches long. All the edges are rounded and non-cutting and one end is curved over somewhat like a spoon. At the base of this spoon is a square-sided opening, into which fits a small router or cutter that is locked into place by a nickel-plated wedge.

In cutting the fruit, a strip is first taken out by this square cutter, which is exceedingly sharp and can be set deep enough to penetrate the thickness of any rind. From the edges of this strip the spoon-shaped end of the derinder can easily be slipped in and run around the fruit, separating it from the rind, so that a twist brings the latter off in two halves, each whole and perfect, ready to be used as cups for serving the fruit or to be cut into fancy shapes for canying.

The wedge which holds the cutter in place is separated from the steel blade, so that the latter can be adjusted to any thickness of rind. Price, 25 cents.

(Other articles which have been tested and endorsed by The Institute are shown in The Tribune Graphic.)

Fruit Juices for Jelly

FRUIT juices for use later in jelly making can be sterilized and bottled without sugar and made into jellies at the housewife's convenience. This enables her to do with fewer jelly glasses and to distribute her purchases of sugar for jelly making through the year. Moreover, with the bottled juice she can make a greater variety of jellies, as juices which will not "jelly" can be put up when the fruit is ripe and combined later with fruits that will, or fruits ripening at different seasons can be combined. For example, the juice of strawberries, cherries or pineapple can be kept without sugar and later, when apples are plentiful, can be made into combination jelly.

From the unsugared sterilized juices of currants, apples, crabapples and grapes, kept from nine to eighteen months, the Bureau of Chemistry, United States Department of Agriculture, recently made jellies of excellent texture, flavor and color.

To put up unsugared fruit juices for jelly making, proceed exactly as if jelly were to be made at the time. Cook the fruits until they are soft and strain out the juice through a flannel bag. Heat and pour while hot into bottles previously scalded. Fill the bottles full, leaving no air space between juice and cork or seal. Place the filled sealed bottles on their sides in water near the boiling point, and keep them in the bath for about thirty minutes. Make sure that the corked or sealed end is under the hot water. As soon as the bottles are cool, cover the cork with a paraffin seal. Thorough sterilization and sealing are absolutely essential to success.

To make jelly from the sterilized juice, test its jelling quality, add the proper amount of sugar, and proceed as in making jelly from freshly expressed juice.



In the picture this looks like an ordinary curved knife. As a matter of fact, the cutting is done by a tiny square of sharp steel below the knife. The latter has no cutting edge and is used simply to scoop the food out of its shell, leaving both perfect.

available; we need just so much; if we waste it in our customary carefree manner, the supply will fall just so much short of meeting the necessity. It is a matter of such simple mathematics that even the housewife need not get out pencil and paper to comprehend it.

That is why we are calling to mind how grandmother dried her fruits and vegetables and stored them away in great bags for future use. She canned and preserved also, but then, as now, it was necessary to save sugar, and the easiest way to do this was to dry the fruit.

So fruit and vegetable driers and evaporators are jostling each other in the effort to get upon the market and help save the situation. One of the most efficient of these is the Granger Fruit and Vegetable Evaporator. It is of the water-jacket type, large enough to hold all the fruit that the average family will need to dry and so simple that any one can use it over any kind of a stove.

It is merely a rectangular pan of galvanized metal. The top is made of polished tin and the sides and ends project one inch above the top, so that none of the fruit can spill.

In one corner is an opening which admits a funnel through which the water is poured in and also a lead siphon tube for drawing it off. During the drying operation the pan is kept half full of water.

After the right amount of water has been poured into the water chamber, set the evaporator on a coal, wood, gas, electric or oil stove—in fact, any source of heat that is sufficient to bring the water to a boil and keep it there will do.

In many cases it is best to put a square of cheesecloth over the metal top of the evaporator before placing upon it the fruit or vegetables to be dried. After they are partially dried, the cloth should be removed so that the

food rests directly on the heated surface of the tin.

It requires only three hours to dry apples, after they have been peeled, cored and sliced. The same length of time is required to dry corn, shaved from the cob. String beans which have been sliced and cut up require from two to four hours.

Rhubarb, raspberries and sour cherries dry deliciously, but huckleberries, blackberries and strawberries are not so satisfactory because of their high water content and the length of time they will keep. The best way to determine when fruit is sufficiently dry is to pick up a shred and roll it between the finger and thumb. A little experience will show just how it should feel. If each lot is removed as soon as done and another supply put on, the evaporator will account for a very considerable quantity of fruit or vegetables during the day.

This evaporator is made in two sizes; 18 by 26 inches, giving three square feet of drying surface, and 24 by 36 inches, giving six square feet of drying surface.

Prices, small size, \$6; large size, \$12.

Modern Home Washer

Made by the Home Devices Corporation, 33 Thirty-fifth St., Brooklyn, N. Y.

Washing machines are not popular in apartments—partly because they are so expensive; partly because the kitchen is so small that there is no room for both washerwoman and washing machine, in addition to its regular furniture, and partly because there is no place to put the washing machine when it is off duty.

The Modern Home Washer is designed to answer each and every one of these objections. The hand machine is so inexpensive that it comes within the reach of the most moderate means. Both hand and power machines work

CUTTING FOOD PRICES IN WARTIME

By VIRGINIA CARTER LEE

IN planning menus where the cost must be kept to a minimum the housewife must realize that if inexpensive dishes are provided they must be so well cooked that they are appetizing and tempting.

Meat substitutes, like baked bread and cheese, dried pea and bean loaf, panned rice cakes and similar dishes, are delicious if carefully prepared, but in the hands of an inexperienced or careless maid they will probably be voted a complete failure and the materials of which they are composed will be wasted.

This does not mean that they are so difficult to prepare that only a skilled chef can cope with them, but it does mean that the recipes must be carefully followed down to the last detail, that the dishes must be carefully watched while cooking and that they should be served as attractively as possible.

In the dried bean and pea loaf planned for Saturday (the meatless day of the week) a most attractive service is to unmold the loaf, which is a delicate green color, pour over it a cream sauce and surround with tiny carrot timbales. The latter are made from cooked carrot cut into tiny dice, seasoned with a little paprika, salt and melted butter, then moistened with half a beaten egg and packed lightly into buttered timbale moulds. Stand these in hot water until ready to unmold.

In the escalloped fish for Friday one pound and a quarter of either cod, halibut or haddock may be used. Boil it until tender in seasoned water, cool, flake apart and mix with a cream sauce. Turn into a buttered baking dish, sprinkle with buttered crumbs and cook in a hot oven until brown and the sauce bubbles through the crumbs. This gives an excellent dinner at very small cost.

Only one joint of meat is used during the week, the braised yearling lamb. For this the shoulder is recommended, and there will probably be sufficient left over to serve for the following night's dinner, preceded by a cream of tomato soup. One four-pound fowl will be needed for the chicken fricassee on Sunday, and if economy must be very closely considered and the family is large, the meat of the chicken may be "extended" by a generous amount of gravy and a few light dumplings. Also, if desired, the potatoes can be omitted if the dumplings are served.

A small bluefish that can be eaten at the one meal is suggested for Friday. Planked, with a potato border and accompanied by sliced cucumber, it requires no other vegetable. A fish weighing about two pounds is excellent for this method of cooking.

The following prices for the entire week's marketing are based on New York City prices approximately:

Butcher's bill \$2.62
Fish bill 1.10
Milk and cream83
Eggs (eighteen)70
Butter (two pounds)94
Groceries, including fruits and vegetables 5.51

Total \$12.00

It may be interesting to some housewives to know that very good milk can be obtained for eight cents a quart, provided one goes after it and carries it home. It is not delivered. Also for cooking purposes half a pound of butterine should be purchased, so that the butter may be reserved for table use. No other shortening is allowed for, save the clarified fats made from the beef suet, bacon fats, etc.

Tested Recipes

CREOLE TOMATOES

This furnishes a delightful breakfast relish at small expense. Fry lightly one tablespoonful of minced onion and the same of green pepper, from which

erous amount of gravy and a few light dumplings. Also, if desired, the potatoes can be omitted if the dumplings are served.

Monday

BREAKFAST

Uncooked Cereal with Blackberries
Creamed Tomatoes
Buttered Brown Bread Toast Coffee

LUNCHEON

Cream of Corn Soup. Croutons
Blueberry Cup Cakes
Liquor Sauce

DINNER

Beef Loaf String Beans
Young Onion Salad
Blanc Manger with Raspberry Sauce

Tuesday

BREAKFAST

Stewed Rhubarb
Shirred Eggs
Egless Corn Muffins Coffee

LUNCHEON

Sliced Beef Loaf
(From last night's dinner)
Lettuce French Dressing
Iced Tea Ginger Cookies

DINNER

Escalloped Fish
Potato Balls Peas
Grape Juice Sherbet

Friday

BREAKFAST

Stewed Rhubarb
Baked Stuffed Tomatoes
(Using up last of lamb)
Brunswick Muffins Coffee
(Rice and corn meal)

LUNCHEON

Poached Egg with Parsley Sauce
Romaine Salad
Jellied Prunes

DINNER

Planked Bluefish with Potato Border
Sliced Cucumber
French Toast Mock Maple Syrup

Saturday

BREAKFAST

Green Gages
Uncooked Cereal
Brioche Coffee

LUNCHEON

Panned Rice Cakes
Brown Bread Toast Lettuce
Raspberry Whole Wheat Shortcake

DINNER

Dried Pea and Bean Loaf, Cream Sauce
Carrot Timbales
Watercress Coffee Jelly

In this issue we have the war menus based on a total expenditure approximating \$12 a week for a family of four. These menus are cut down to the simplest meals that can furnish sufficient nourishment and variety to form a properly balanced ration. In every case where it is not otherwise specified, rice, graham, oatmeal and corn bread are understood, as it is, above all things, necessary this year to conserve our supply of wheat by using as little white bread as possible.

Monday

BREAKFAST

Uncooked Cereal with Blackberries
Creamed Tomatoes
Buttered Brown Bread Toast Coffee

LUNCHEON

Cream of Corn Soup. Croutons
Blueberry Cup Cakes
Liquor Sauce

DINNER

Beef Loaf String Beans
Young Onion Salad
Blanc Manger with Raspberry Sauce

Tuesday

BREAKFAST

Stewed Rhubarb
Shirred Eggs
Egless Corn Muffins Coffee

LUNCHEON

Sliced Beef Loaf
(From last night's dinner)
Lettuce French Dressing
Iced Tea Ginger Cookies

DINNER

Escalloped Fish
Potato Balls Peas
Grape Juice Sherbet

Friday

BREAKFAST

Stewed Rhubarb
Baked Stuffed Tomatoes
(Using up last of lamb)
Brunswick Muffins Coffee
(Rice and corn meal)

LUNCHEON

Poached Egg with Parsley Sauce
Romaine Salad
Jellied Prunes

DINNER

Planked Bluefish with Potato Border
Sliced Cucumber
French Toast Mock Maple Syrup

Saturday

BREAKFAST

Green Gages
Uncooked Cereal
Brioche Coffee

LUNCHEON

Panned Rice Cakes
Brown Bread Toast Lettuce
Raspberry Whole Wheat Shortcake

DINNER

Dried Pea and Bean Loaf, Cream Sauce
Carrot Timbales
Watercress Coffee Jelly

Sunday

BREAKFAST

Cantaloupe
Coddled Eggs Corn Muffins
Coffee

LUNCHEON OR SUPPER

Salmon Moulds Peas
Thin Brown Bread and Butter
Fruit Tapioca

DINNER

Chicken Fricassee
Riced Potatoes String Beans
Beet Salad
Gooseberry Tarts

The seeds have been removed, in two tablespoonful of hot bacon drippings. Season to taste with salt and pour in one cupful of brown sauce or gravy. Stir until the mixture boils, add slices of tomatoes and simmer until the tomatoes are tender and the liquor quite thick. Serve on a hot platter, surrounded with toast points.

EGGLESS CORN MUFFINS

Mix together one cupful of corn meal, half a cupful of sifted pastry flour, one-quarter of a cupful of sugar, one teaspoonful of salt and two teaspoonfuls of baking powder; then gradually beat in one cupful of cold, sweet milk and two tablespoonfuls of melted butter. Beat the batter hard, turn into greased muffin pans and bake for thirty minutes in a moderately hot oven. This recipe makes ten muffins.

CARROT AND PEANUT SALAD

Wash and scrape very young tender carrots and cut into tiny dice. Add half the quantity each of chopped peanuts and shredded lettuce. Season lightly with salt and paprika; moisten with a boiled dressing and serve in individual portions in nests of crisp lettuce leaves. Sprinkle over the top of each portion a little grated hard-boiled egg yolk.

BAKED BREAD AND CHEESE

Melt two tablespoonfuls of butterine and when hot add two cupfuls of soft bread crumbs. Toss them about in the shortening over a moderate heat until the butter is absorbed, but do not brown. Place a layer of the crumbs in the bottom of a buttered baking dish (glass preferred), cover with two small cupfuls of shaved cheese and over the top arrange the rest of the crumbs.

Thursday

BREAKFAST

Raspberries
Fried Hominy with Bacon
Brown Bread Coffee

LUNCHEON

Carrot and Peanut Salad
Pimento Rye Sandwiches
Rice Conde

DINNER

Cream of Tomato Soup
Sliced Lamb Baked Potatoes
Spinach
Deep Blueberry Pie

Sunday

BREAKFAST

Cantaloupe
Coddled Eggs Corn Muffins
Coffee

LUNCHEON OR SUPPER

Salmon Moulds Peas
Thin Brown Bread and Butter
Fruit Tapioca

DINNER

Chicken Fricassee
Riced Potatoes String Beans
Beet Salad
Gooseberry Tarts

Friday

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Stewed Rhubarb
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(Using up last of lamb)
Brunswick Muffins Coffee
(Rice and corn meal)

LUNCHEON

Poached Egg with Parsley Sauce
Romaine Salad
Jellied Prunes

DINNER

Planked Bluefish with Potato Border
Sliced Cucumber
French Toast Mock Maple Syrup

Saturday

BREAKFAST

Green Gages
Uncooked Cereal
Brioche Coffee

LUNCHEON

Panned Rice Cakes
Brown Bread Toast Lettuce
Raspberry Whole Wheat Shortcake

DINNER

Dried Pea and Bean Loaf, Cream Sauce
Carrot Timbales
Watercress Coffee Jelly

Sunday

BREAKFAST

Cantaloupe
Coddled Eggs Corn Muffins
Coffee

LUNCHEON OR SUPPER

Salmon Moulds Peas
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